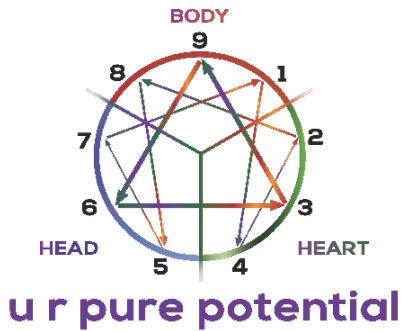


Session 6
How Each Character Structure and the Addictive Style
Type 3 – Performer or Achiever



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**What happened as a result of using the Enneagram?
For the Client and for me**
**What might have happened without it.
For the Client and for me**

Triad of Enneagram:
Heart Center
Distress primary emotion repressed with all emotions

Unmet Childhood Need:
To be seen

Focus of Attention:
Task, role and image

Avoidance:
Failure

Cognitive Habit:
Vanity, success in the eyes of others

Emotional Habit:
Self-deceit – projecting an impressive facade

Corresponding Virtue:
Veracity

Adaptive Strategy:
I am what I do.

Motto:
“Compete if you can. Second place doesn’t count.” “Failure is not acceptable.”

Process of Addictive Cycle:
Self-worth is based on what I have accomplished and not who I am. Often referred to as human-doings and not human beings, this type wants to “get ur done!” They emanate the confident image of an ideal role model yet remain confused about their worth as a person. Emotional life is suppressed when feelings conflict with professional efficiency. They work hard and play hard. Addictive substances and behaviors that allow one to work harder and play harder are their choice.

Likely addictions:
Cocaine, sexual addictions, shopping addictions, playing junior pharmacist to manage working and playing hard such as pot to come down after a long cocaine run are common. Steroid abuse for athletes is common. Body image concerns and eating disorders that will create the perfect body are common.

What helps Each Type in Recovery?

1. Slowing down. Allow time for emotions to surface. They will.
2. Note feelings of being a fraud and how others are only seeing the mask.

- 3. Mindfulness and Meditation.
- 4. Spending time identifying what is truly important.
- 5. Notice when the work slows down how uncomfortable it is and just be with it. This may include depression and anxiety and self-judgment.
- 6. Set a balanced schedule with down time included.
- 7. Notice that material possessions do not bring true happiness.
- 8. Be aware that AA, coaching and therapy are not the next things to do but the support one needs to flourish.

If you are a type 3 counselor or coach, consider the following type bias:

- 1. The quantity of clients you help is not as important as the quality of care you provide.
- 2. Address you work life balance .
- 3. Make sure you do not ask too much from your clients.
- 4. Allow them to dictate both the goals and pace of the service provided.
- 5. Model emoting.
- 6. Notice your tendency toward workaholism.
- 7. Work collaboratively with other providers as needed.
- 8. Spend time appreciating who you are independent of what you do.

Q and A

Homework:
Watch the video of the type 4

